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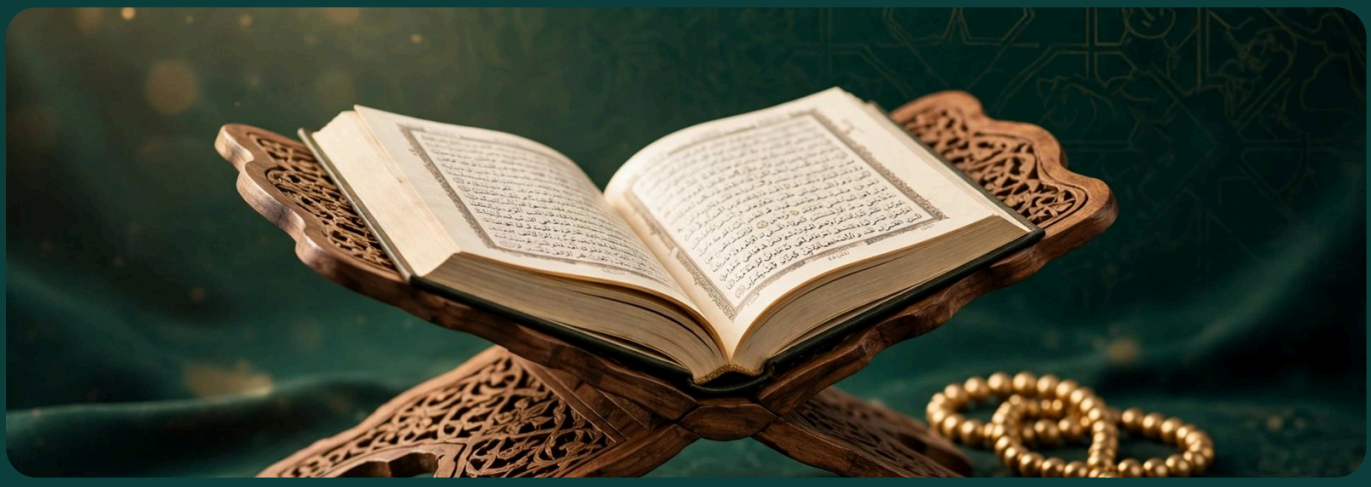
إِنَّ الصَّلَاةَ كَانَتْ عَلَى الْمُؤْمِنِينَ كِتَابًا مَّوْقُوتًا

“Indeed, prayer has been decreed upon the believers at specified times.” — Surah An-Nisa 4:103

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How to use this book

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ

Bismillah-ir-Rahman-ir-Raheem — In the name of Allah, the Most Gracious, the Most Merciful.

This book teaches Salah in the order you actually perform it: first purification (Wudu), then the call to prayer, then one complete prayer posture by posture, and only then the differences between Fajr, Dhuhr, Asr, Maghrib and Isha. Work through it with a prayer mat beside you. Stand up and practise each posture as you read it — Salah is learned by the body as much as by the eyes.

New to prayer? Learn one prayer first — Maghrib or Isha are good starting points — using the step-by-step chapters. Add the other prayers over the following days. **Teaching a child?** Go slowly, one posture a day, and use the weekly tracker at the back together.

About differences between schools of thought: The core of Salah is the same everywhere. A few details — for example the exact wording of Dua Qunoot in Witr — differ between madhahib. Where that happens this book says so plainly. Follow the practice of your teacher and your family, and ask a teacher about your own situation rather than worrying over small differences.

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CHAPTER 1

Why we pray

Salah is the second pillar of Islam — and your five daily appointments with Allah.

After the Shahadah, Salah is the most important act of worship in Islam. The Prophet Muhammad (peace be upon him) described prayer as the pillar of the religion. Five times a day, wherever you are in the world, you pause, wash, stand before Allah, recite His words, bow and prostrate — and return to your day with a settled heart.

Prayer protects as well as connects. Allah says in the Quran that prayer restrains from shameful and unjust deeds (Surah Al-Ankabut 29:45). It also structures a Muslim's day: dawn, midday, afternoon, sunset and night are all marked by prayer first, and by work and family around it.

The five daily prayers at a glance

Prayer	Time window (in brief)	Fard rakahs	Sunnah (common practice)
Fajr — dawn	From true dawn until sunrise	2	2 before
Dhuhr — midday	After the sun passes its peak until Asr	4	4 before, 2 after
Asr — afternoon	Mid/late afternoon until sunset	4	—
Maghrib — sunset	Just after sunset until the red twilight fades	3	2 after
Isha — night	After twilight fades until dawn	4	2 after, then Witr (3)

The fard (obligatory) rakahs — 2 + 4 + 4 + 3 + 4 = **17 every day** — are agreed by all schools. Sunnah rakahs are the Prophet's regular extra prayers; counts in the last column follow the well-known confirmed (muakkadah) Sunnah. Exact prayer times depend on your city and the season — use a reliable local timetable or app, and pray each prayer inside its window.

Start with the fard. If you are new to Salah, establish the 17 obligatory rakahs first until they feel natural. Then add the Sunnah prayers one by one. Consistency with a little is better than a burst that stops.

CHAPTER 2

Before you pray

Six conditions to check before the first Takbir — they take less than a minute once they are habit.

1

Purification

You must be in a state of Wudu (next chapter), and free from major impurity, which requires Ghusl (page 6). Your clothes and the place of prayer must also be clean of visible impurity.

2

Clean clothes and place

Pray in clean clothes, on a clean surface. A prayer mat helps, but any clean place is valid — at home, at work, in a park or while travelling.

3

Covering (awrah)

For men: from the navel to the knees at minimum, with shoulders covered in prayer. For women: the whole body except the face and hands. Clothes should not be see-through or so tight that the shape is described.

4

Facing the Qibla

Face the direction of the Kaaba in Makkah. Use a Qibla compass or app when you are somewhere new. If you genuinely cannot find the direction after trying, pray facing your best judgement.

5

The time has entered

Each prayer is valid only inside its time window (page 3). Praying before the time enters does not count, however early you are.

6

Intention (niyyah)

Know in your heart which prayer you are about to pray, how many rakahs, and that it is for Allah. The intention lives in the heart; saying it aloud is not required.

A sutrah: If you pray where people may walk in front of you, place something in front of you — a chair, bag or book — as a marker, and pray close behind it. Do not walk directly in front of someone who is praying.

CHAPTER 3 — PURIFICATION

Wudu step by step

Allah describes Wudu in Surah Al-Maidah (5:6). Learn this order — the same order, every time.

Begin by intending Wudu in your heart, then say **Bismillah** (In the name of Allah).

1

Wash the hands — 3 times

Wash both hands up to the wrists three times, rubbing between the fingers.

2

Rinse the mouth — 3 times

Take water in your right hand, rinse the mouth thoroughly and spit it out, three times.

3

Rinse the nose — 3 times

Sniff water gently into the nose with the right hand and blow it out with the left, three times.

4

Wash the face — 3 times

Wash the whole face three times: from the hairline to the chin, and from ear to ear.

5

Wash the arms — 3 times

Wash the right arm up to and including the elbow three times, then the left arm the same way.

6

Wipe the head — 1 time

With wet hands, wipe the head once, from front to back and back to front.

7

Wipe the ears — 1 time

Wipe inside the ears with the index fingers and behind them with the thumbs, once.

8

Wash the feet — 3 times

Wash the right foot up to and including the ankle three times, rubbing between the toes, then the left foot the same way.

CHAPTER 3 — PURIFICATION

After Wudu

The dua after Wudu, what breaks it, and purification when water is not available.

The dua after Wudu

أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Ash-hadu an la ilaha illallah, wahdahu la shareeka lah, wa ash-hadu anna Muhammadan abduhu wa rasooluh

“I bear witness that there is no god but Allah, alone, with no partner, and I bear witness that Muhammad is His servant and Messenger.” Many also add: *Allahumma-jalni minat-tawwabeena waj-alni minal-mutatahhireen* — “O Allah, make me among those who repent and among those who purify themselves.”

What breaks Wudu

Anything exiting from the private passages (urine, stool, wind), deep sleep in which you lose awareness, loss of consciousness, and flowing blood or vomit according to many scholars. Eating, drinking and ordinary talking do **not** break Wudu. When in doubt during prayer about whether you broke Wudu, do not leave the prayer on a doubt alone.

Tayammum — when there is no water

If water is unavailable, or using it would harm you (for example, illness or a wound), dry purification replaces Wudu: intend Tayammum, strike clean earth or dust once with both palms, blow off the excess, wipe the face, then wipe the hands up to the wrists. Tayammum is lifted when water becomes available.

Ghusl — the full wash

Ghusl is required after marital relations, ejaculation, and at the end of menstruation or post-natal bleeding, before praying again. In brief: intend Ghusl, wash the whole body so water reaches every part, including rinsing the mouth and nose. A normal thorough shower with that intention fulfils it.

Wiping over socks: If you put on socks (or leather socks) while in Wudu, you may wipe over the top of them instead of washing the feet for up to 24 hours at home, or three days while travelling. Ask your teacher for the conditions.

CHAPTER 4

Adhan and Iqamah

The call that gathers you, and the call that starts the prayer.

The **Adhan** is called out when a prayer time enters. The **Iqamah** is said just before the prayer begins, in a faster, quieter voice. At home, one person can say both. Each line of the Adhan is repeated twice, except the opening Takbir (four times in the common form) and the final lines (once).

Arabic	Transliteration	Meaning
اللَّهُ أَكْبَرُ	Allahu Akbar (x4)	Allah is the Greatest
أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ	Ash-hadu an la ilaha illallah (x2)	I bear witness there is no god but Allah
أَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ	Ash-hadu anna Muhammadan rasoolullah (x2)	I bear witness Muhammad is Allah's Messenger
حَيَّ عَلَى الصَّلَاةِ	Hayya alas-Salah (x2)	Come to prayer
حَيَّ عَلَى الْفَلَاحِ	Hayya alal-Falah (x2)	Come to success
اللَّهُ أَكْبَرُ	Allahu Akbar (x2)	Allah is the Greatest
لَا إِلَٰهَ إِلَّا اللَّهُ	La ilaha illallah (x1)	There is no god but Allah

For Fajr only, after "Hayya alal-Falah" add twice: الصَّلَاةُ خَيْرٌ مِنَ النَّوْمِ — *As-Salatu khayrun minan-nawm* — "Prayer is better than sleep."

How to respond, and the Iqamah

Repeat quietly what the caller says, except at "Hayya alas-Salah" and "Hayya alal-Falah", where you say: *La hawla wa la quwwata illa billah* — "There is no power except with Allah." After the Adhan, send blessings on the Prophet (peace be upon him) and make dua — dua between Adhan and Iqamah is especially answered.

The **Iqamah** is the same words, each said once, with one addition after "Hayya alal-Falah", said twice: قَدْ قَامَتِ الصَّلَاةُ — *Qad qamatis-Salah* — "The prayer has begun." When you hear it, stand, straighten the rows, and still your heart.

CHAPTER 5

One rakah at a glance

Every rakah follows the same flow. Learn this map once — the next chapters fill in every word.

1 Takbir | 2 Standing & recitation | 3 Ruku (bow) | 4 Stand again | 5 Sujood | 6 Sit | 7 Sujood

1 Takbir — Allahu Akbar

Raise both hands to the level of the ears (men) or shoulders (women, in many schools), say *Allahu Akbar*, then fold the hands on the chest or below it according to your school.

2 Standing (Qiyam) and recitation

Recite the opening dua (Sana, first rakah), then Al-Fatiha, then — in the first two rakahs — a short surah or a few verses. Look at the place of your prostration.

3 Ruku — the bow

Say *Allahu Akbar* and bow: back level, hands on knees, fingers spread. Say *Subhana Rabbiyal Azeem* three times, calmly.

4 Standing again (Qawmah)

Rise saying *Sami Allahu liman hamidah*, then stand fully still and say *Rabbana wa lakal hamd*. Do not rush this standing — it is a pillar of the prayer.

5 Sujood — prostration

Say *Allahu Akbar* and go down onto hands, knees, toes, forehead and nose. Say *Subhana Rabbiyal Ala* three times. This is the closest you are to Allah — make dua here.

6 Sitting (Jalsa)

Rise to sit, saying *Allahu Akbar*. Sit calmly and say *Rabbighfir li* — “My Lord, forgive me.”

7 Second Sujood

Prostrate a second time, exactly like the first. Rising from it begins the next rakah — or, if it was the last rakah, you sit for Tashahhud instead.

Stillness (tumaninah): Every posture must settle before you move on. A prayer raced through without stillness is the mistake the Prophet (peace be upon him) corrected most often: “Go back and pray, for you have not prayed.”

CHAPTER 5 — STANDING

Takbir, Sana and seeking refuge

The opening moments of the prayer — only in the first rakah.

Step 1 — The opening Takbir (Takbirat al-Ihram)

Stand straight, facing the Qibla, feet a natural distance apart. Raise your hands, say **Allahu Akbar** (Allah is the Greatest) and fold your hands. With this Takbir the prayer has begun: talking, eating, drinking and looking around all stop until the Salam.

Step 2 — Sana — the opening dua

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ وَتَعَالَىٰ جَدُّكَ وَلَا إِلَٰهَ غَيْرُكَ

Subhanakallahumma wa bihamdika, wa tabarakasmuka, wa taala jadduka, wa la ilaha ghayruk

“Glory be to You, O Allah, and praise. Blessed is Your name, exalted is Your majesty, and there is no god besides You.”

Step 3 — Seek refuge, then begin

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

Aoodhu billahi minash-Shaytanir-Rajeem

“I seek refuge with Allah from Shaytan, the rejected.” Then say Bismillah quietly and begin Al-Fatiha (next page).

Loud and quiet prayers: In **Fajr, Maghrib and Isha** the Imam recites Al-Fatiha and the surah aloud in the first two rakahs. In **Dhuhr and Asr** everything is recited quietly. Praying alone, follow the same pattern: aloud where it is aloud (at a level you can hear yourself), quietly where it is quiet. In congregation, listen to the Imam’s recitation and recite Al-Fatiha quietly according to your school.

CHAPTER 5 — STANDING

Surah Al-Fatiha — in every rakah

There is no prayer without Al-Fatiha. Learn it perfectly — you will say it at least 17 times a day.

بِسْمِ اللَّهِ الرَّحْمَٰنِ الرَّحِيمِ الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَٰنِ الرَّحِيمِ مَالِكِ يَوْمِ الدِّينِ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ اهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

Transliteration: Bismillah-ir-Rahman-ir-Raheem. Alhamdu lillahi Rabbil-aalameen. Ar-Rahman-ir-Raheem. Maliki yawmid-deen. Iyyaka nabudu wa iyyaka nastaeen. Ihdinas-siratal-mustaqeem. Siratal-ladheena anamta alayhim, ghayril-maghdubi alayhim wa lad-daalleen. *Ameen* (said after the last verse).

Meaning: In the name of Allah, the Most Gracious, the Most Merciful. All praise is for Allah, Lord of the worlds, the Most Gracious, the Most Merciful, Master of the Day of Judgement. You alone we worship, and You alone we ask for help. Guide us on the Straight Path — the path of those You have blessed, not of those who earned Your anger, nor of those who went astray.

Then, in the first two rakahs only — a short surah

After Al-Fatiha, recite a complete short surah or a few verses. Surah Al-Ikhlas is a perfect first surah to learn:

قُلْ هُوَ اللَّهُ أَحَدٌ اللَّهُ الصَّمَدُ لَمْ يَلِدْ وَلَمْ يُولَدْ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ

“Say: He is Allah, the One. Allah, the Eternal Refuge. He neither begets nor is born, and there is nothing like Him.” (112:1–4)

In the third and fourth rakahs of a fard prayer, recite Al-Fatiha only. In Sunnah and Witr prayers, a surah is added in every rakah.

CHAPTER 6

Ruku, Sujood and sitting

The physical heart of the rakah — bow, stand, prostrate twice, with a sitting between.

Ruku — the bow

سُبْحَانَ رَبِّيَ الْعَظِيمِ

Subhana Rabbiyal-Azeem — say 3 times

“Glory be to my Lord, the Most Great.” Keep the back level and the eyes on the feet. Do not rush the count.

Rising — and standing still

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ • رَبَّنَا وَلَكَ الْحَمْدُ

Sami Allahu liman hamidah — Rabbana wa lakal-hamd

“Allah hears whoever praises Him.” — “Our Lord, and to You belongs all praise.” Stand fully upright and settle before going down.

Sujood — prostration

سُبْحَانَ رَبِّيَ الْأَعْلَىٰ

Subhana Rabbiyal-Ala — say 3 times in each prostration

“Glory be to my Lord, the Most High.” Prostrate on seven bones: forehead with the nose, both hands, both knees and the toes of both feet, toes facing the Qibla. Keep the elbows away from the sides and off the ground.

Sitting between the two prostrations

رَبِّ اغْفِرْ لِي

Rabbighfir li

“My Lord, forgive me.” Sit on the left foot with the right foot upright (the common sitting), back straight, hands on the thighs. Then prostrate a second time, exactly like the first.

CHAPTER 7

Tashahhud, Salawat and Salam

How every prayer ends — after the second rakah, and again at the very end of longer prayers.

After the second Sujood of the second rakah, sit and recite **At-Tahiyyat**:

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ۚ السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ ۚ السَّلَامُ عَلَيْنَا وَعَلَىٰ عِبَادِ اللَّهِ الصَّالِحِينَ ۚ أَشْهَدُ أَنْ لَا إِلَٰهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

Meaning: All greetings, prayers and pure words are for Allah. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon the righteous servants of Allah. I bear witness that there is no god but Allah, and I bear witness that Muhammad is His servant and Messenger. When you reach the Shahadah, raising the index finger is practised in many schools — follow your teacher.

In a two-rakah prayer (like Fajr), or in the final sitting of any prayer, continue with **Salawat Ibrahimiyyah**:

اللَّهُمَّ صَلِّ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ ۚ إِنَّكَ حَمِيدٌ مَجِيدٌ ۚ اللَّهُمَّ بَارِكْ عَلَىٰ مُحَمَّدٍ وَعَلَىٰ آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَىٰ إِبْرَاهِيمَ وَعَلَىٰ آلِ إِبْرَاهِيمَ ۚ إِنَّكَ حَمِيدٌ مَجِيدٌ

“O Allah, send blessings upon Muhammad and the family of Muhammad, as You sent blessings upon Ibrahim and the family of Ibrahim. Indeed, You are Praiseworthy, Glorious. O Allah, bless Muhammad and the family of Muhammad, as You blessed Ibrahim and the family of Ibrahim. Indeed, You are Praiseworthy, Glorious.”

Then make a short personal dua, and end with **Salam**: turn the face to the right and say *As-salamu alaykum wa rahmatullah* (“Peace and the mercy of Allah be upon you”), then turn to the left and say it again. Your prayer is complete.

CHAPTER 8

Three and four rakahs, and Witr

Once you can pray two rakahs, every other prayer is a small variation.

Four rakahs — Dhuhr, Asr, Isha

Pray the first two rakahs exactly as you have learned. In the sitting after the second rakah, recite At-Tahiyyat **only** (no Salawat), then stand for the third rakah. In rakahs 3 and 4 recite Al-Fatiha alone, with no extra surah in the fard prayer. After the fourth rakah, sit for the full ending: At-Tahiyyat, Salawat Ibrahimiyyah, dua, then Salam.

Three rakahs — Maghrib

The same pattern, ending after the third rakah: two full rakahs with a surah, At-Tahiyyat alone, one more rakah with Al-Fatiha only, then the full final sitting and Salam.

Witr — the night prayer that closes the day

Witr is prayed after Isha, in 3 rakahs. In the common Hanafi method, all three rakahs include a surah after Al-Fatiha; after rising in the third rakah you raise the hands, say Allahu Akbar, and recite **Dua Qunoot** before Ruku:

اللَّهُمَّ إِنَّا نَسْتَعِينُكَ وَنَسْتَغْفِرُكَ وَنُؤْمِنُ بِكَ وَنَتَوَكَّلُ عَلَيْكَ وَنُثْنِي عَلَيْكَ الْخَيْرَ وَنَشْكُرُكَ وَلَا نَكْفُرُكَ وَنَخْلَعُ وَنَتْرُكُ مَنْ يَفْجُرُكَ ۚ اللَّهُمَّ إِيَّاكَ نَعْبُدُ وَلَكَ نُصَلِّي وَنَسْجُدُ وَإِلَيْكَ نَسْعَىٰ وَنَحْفِدُ وَنَرْجُو رَحْمَتَكَ وَنَخْشَىٰ عَذَابَكَ إِنَّ عَذَابَكَ بِالْكُفَّارِ مُلْحِقٌ

“O Allah, we seek Your help and Your forgiveness, we believe in You and rely on You. We praise You, thank You and do not disbelieve in You, and we abandon whoever disobeys You. O Allah, You alone we worship; to You we pray and prostrate; to You we strive. We hope for Your mercy and fear Your punishment — indeed Your punishment reaches the disbelievers.”

Other schools pray Witr differently (for example, 2 + 1 rakahs, with a different Qunoot said after Ruku). All are established practices — pray it the way your teacher teaches you, and do not let the difference stop you from praying Witr.

CHAPTER 9

Other prayers at a glance

Beyond the five daily prayers — an overview only. Learn each one properly with a teacher before you rely on it.

Prayer	When	In brief
Jumuah (Friday)	Friday, at Dhuhr time	Congregational prayer replacing Dhuhr: two khutbahs (sermons), then 2 fard rakahs recited aloud. Obligatory for adult men; arrive early and listen in silence.
Eid	Eid al-Fitr & Eid al-Adha mornings	2 rakahs with extra Takbirs, followed by a khutbah. The number and place of the extra Takbirs differ by school.
Taraweeh	Ramadan nights, after Isha	Long congregational night prayer in Ramadan, commonly 20 rakahs (8 is also prayed) in sets of 2, followed by Witr.
Janazah (funeral)	When a Muslim dies	A standing prayer of 4 Takbirs with duas for the deceased — no Ruku and no Sujood. A communal duty (fard kifayah).
Tahajjud	Last third of the night	Voluntary night prayer, in pairs of rakahs, ending with Witr if not yet prayed. The most beloved voluntary prayer.
Istikhara	When deciding a matter	2 rakahs followed by the Istikhara dua, asking Allah to guide a decision. Learn the dua with a teacher.
Travel prayer (Qasr)	On a qualifying journey	4-rakah fard prayers shorten to 2. See page 17.
Sunnah & Nafl	Before/after fard, any time	Voluntary rakahs that complete and beautify the obligatory prayers — 12 Sunnah rakahs a day are especially emphasised.

Two times to avoid voluntary prayer: after Fajr until sunrise, and after Asr until sunset, voluntary (nafl) prayers are not prayed. The obligatory and makeup prayers have their own rulings — ask a teacher if you are unsure.

CHAPTER 10

After Salah — dhikr and duas

Do not jump up the moment you say Salam. The minutes after prayer are part of the prayer.

Say **Astaghfirullah** (“I seek Allah’s forgiveness”) three times, then:

اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ

Allahumma antas-Salam, wa minkas-Salam, tabarakta ya dhal-Jalali wal-Ikram

“O Allah, You are Peace, and from You comes all peace. Blessed are You, O Lord of Majesty and Honour.”

Ayat al-Kursi — after every fard prayer (2:255)

اللَّهُ لَا إِلَٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَاوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۚ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۖ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ ۖ وَلَا يَئُودُهُ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ الْعَظِيمُ

“Allah — there is no god but He, the Ever-Living, the Sustainer of all. Neither drowsiness nor sleep overtakes Him. To Him belongs all in the heavens and earth. Who can intercede with Him except by His permission? He knows what is before them and behind them, and they grasp nothing of His knowledge except what He wills. His Kursi extends over the heavens and the earth, and preserving them does not tire Him. He is the Most High, the Most Great.”

The 33 counts

Dhikr	Meaning	Count
SubhanAllah	Glory be to Allah	33
Alhamdulillah	All praise is for Allah	33
Allahu Akbar	Allah is the Greatest	33 (or 34)

Count on your fingers or a tasbih — both are practised. Then raise your hands and make personal dua in your own language: for yourself, your parents, your family, and anything you need. After Fajr and Maghrib, also recite Al-Ikhlas, Al-Falaq and An-Nas three times each.

CLINIC

Common mistakes clinic

Eight errors almost every beginner makes — and the simple fix for each.

Mistake	Fix
Racing through the prayer — Ruku and Sujood over before the words are finished	Settle in every posture. Finish the third tasbih before you move. Stillness is a pillar, not a bonus.
Pecking in Sujood — forehead barely touching the ground	Place forehead and nose firmly down, and stay. The Prophet (peace be upon him) forbade hasty “pecking” prayer.
Elbows on the ground in Sujood, forearms flat like a sitting dog	Keep forearms raised; only the palms touch the ground, elbows away from your sides.
Looking around — eyes wandering to the clock, door or phone	Fix your gaze on the place of prostration from Takbir to Salam. Put the phone in another room.
Reciting Al-Fatiha carelessly — swallowed letters, wrong heavy/light sounds	Slow down and learn Al-Fatiha with a Tajweed teacher. It is the one surah you cannot pray without.
Standing before the Imam or moving ahead of him in congregation	Move only after the Imam has completed his movement and Takbir. Following, not racing, is the rule.
Praying in a garment below the ankles dragging, or with impurity you noticed	Check clothes before you start. If impurity is discovered after the prayer and you truly did not know, ask a teacher about your case.
Skipping the sitting between prostrations — bouncing straight into the second Sujood	Sit fully upright, say Rabbighfir li, then prostrate. Every posture gets its moment.

CHAPTER 11

When things go wrong

Forgetfulness, missed prayers and travelling — Islam makes all three manageable. Do not let any of them stop you praying.

Forgetting inside the prayer — Sujood as-Sahw

If you forget something in the prayer — for example, you are unsure whether you prayed 3 or 4 rakahs, or you missed a necessary (wajib) action — the correction is two extra prostrations of forgetfulness, **Sujood as-Sahw**. In the common method you perform them at the end of the prayer, around the final Tashahhud and Salam; the exact placement differs slightly by school. The practical rule for a learner: if you are certain you missed a *pillar* (like a rakah or a Sujood), that part must be made up, not just covered by Sujood as-Sahw. When a real case happens to you, note what happened and ask a teacher — this is one of the best questions to bring to a lesson.

Missed prayers — Qada

A prayer missed because of sleep or genuine forgetfulness is prayed as soon as you remember it — that later prayer is its Qada, and there is no sin in that case. A prayer missed deliberately must also be made up, with sincere repentance. If you have many missed prayers, make a simple written count, then pray one Qada with each daily prayer (or more, steadily) until the count is clear. Steady is better than overwhelmed and stopped.

Praying while travelling — Qasr

On a journey of roughly 77 km (48 miles) or more, with the intention to travel, the 4-rakah fard prayers (Dhuhr, Asr, Isha) shorten to **2 rakahs**. Fajr (2), Maghrib (3) and Witr stay as they are. If you pray behind a resident Imam, you pray the full prayer with him. Combining Dhuhr with Asr, and Maghrib with Isha, while travelling is also established — ask your teacher for the method of your school before a trip.

Praying where you are

No mosque, no problem: any clean place is a place of prayer. On a plane, train or at work, pray on time as best you can — sitting if standing is impossible, and with head movements for Ruku and Sujood if you cannot prostrate. Allah does not burden a soul beyond what it can bear (2:286).

TRACKER

Weekly Salah tracker

Tick each prayer as you pray it. Aim for a full row, then a full week — then protect the streak kindly, without despair when a day breaks.

Day	Fajr	Dhuhr	Asr	Maghrib	Isha + Witr
Monday	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐

Photocopy or print this page each week, or copy the table into a notebook. Mark a missed prayer with a Q and pray its Qada the same day (page 17).

The prayer I find hardest is…

This week I will improve it by…

HABIT

Building the habit — and teaching it at home

Knowledge becomes prayer through routine. These are the methods that actually work for busy adults and for children.

For adults

Attach prayer to what already happens. Fajr with waking, Dhuhr with lunch, Asr with the afternoon break, Maghrib with arriving home, Isha before the evening unwinds. A prayer tied to an existing anchor is rarely forgotten.

Prepare the night before. Prayer mat out, clothes ready, alarm set for Fajr with the phone away from the bed. Most Fajr battles are lost the night before, not in the morning.

Pray at the start of the time. “Later” is where prayers go to be missed. When the Adhan sounds on your app, that is the appointment — ten minutes now beats a guilty Qada tonight.

Keep the streak visible. Use the tracker on page 18 on the fridge or by the door. A visible streak motivates far better than memory.

For children

Start with one prayer together. Maghrib as a family is a gentle, powerful start. Add prayers gradually; the Prophetic guidance is to encourage prayer from age seven and build firmness by ten — with kindness, not fear.

Let them lead what they know. A child who says the Adhan, lays the mats, or leads the family in a surah they have memorised owns the habit. Praise effort and attendance, not perfection.

Short, warm, consistent. A two-minute family prayer done daily shapes a child more than a long lecture. Keep dua personal: let children ask Allah for what is in their own hearts, in their own words.

Learning with a teacher: A weekly 1-on-1 lesson keeps both memorisation and prayer habits moving — the teacher hears the recitation, checks the postures on camera, and sets one small target at a time. That is exactly how the free trial at IQRA Quran Online works (back page).

CHECK YOURSELF

Self-check checklist & progress tracker

Tick a line only when you can do it without looking at this book. Anything unticked is your next lesson's target.

Done	I can…
☐	Make Wudu in the correct order, and say the dua after it
☐	Say the Adhan and Iqamah, and respond to the Adhan correctly
☐	Name the five prayers, their time windows and their fard rakahs
☐	Recite Al-Fatiha from memory, correctly, in every rakah
☐	Recite at least one short surah after Al-Fatiha
☐	Perform Ruku, standing, both Sujood and the sitting with their tasbihat and stillness
☐	Recite At-Tahiyyat and Salawat Ibrahimiyyah from memory
☐	Pray 2, 3 and 4-rakah prayers correctly, including what changes after rakah two
☐	Pray Witr and recite Dua Qunoot (or follow my school's method)
☐	Say the dhikr after Salah, including Ayat al-Kursi and the 33 counts
☐	Explain Qada, Sujood as-Sahw and Qasr in my own words

Progress tracker

Chapter / skill	Date completed	Teacher initials
Wudu & purification		
Adhan & Iqamah		
Two-rakah prayer (Fajr)		
Three & four-rakah prayers		
Witr & Dua Qunoot		
After-Salah dhikr		
First full week — all five prayers		

ACHIEVEMENT

Certificate of Completion

IQRA QURAN ONLINE

Certificate of Completion

This is to certify that

Student name

has completed the **Namaz Guide** — Wudu and purification, Adhan and Iqamah, the complete step-by-step Salah with Al-Fatiha, Tashahhud and Salawat, the five daily prayers, Witr and Dua Qunoot, the dhikr after Salah, and the rules for missed and travel prayers.

Date

Teacher signature

Keep praying, keep learning. A certificate marks the end of this book, not the end of learning. The next step is a teacher who watches your prayer, corrects your recitation, and keeps your weekly routine steady — see the back page for a free trial class.

NEXT STEP

Keep praying — with a teacher beside you

This book gives you the steps. A live teacher turns them into confident, correct prayer — watching your postures on camera, hearing the Al-Fatiha that still needs work, answering the “what if I forget” questions for your own situation, and keeping a child’s routine steady week after week.



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